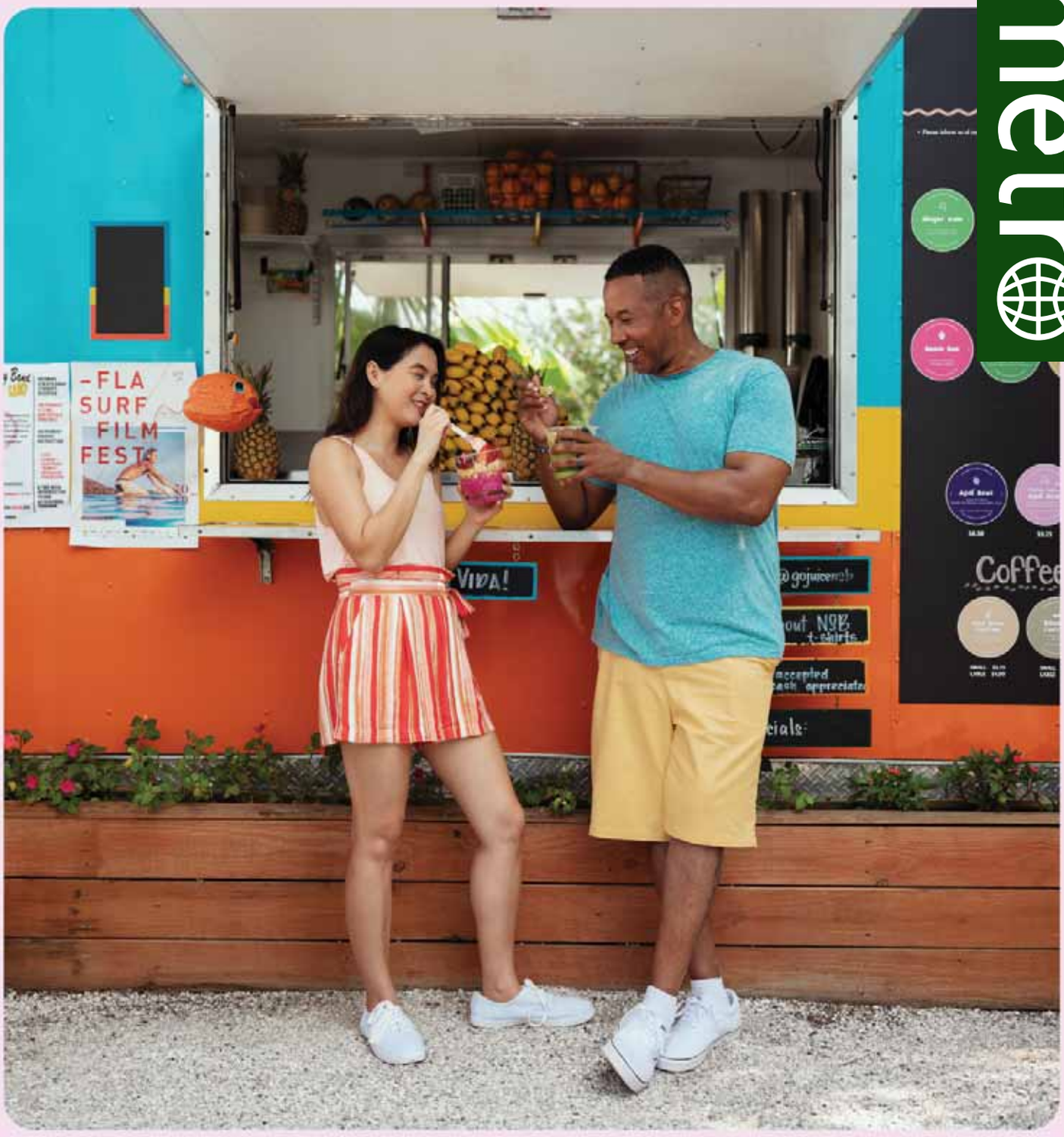
metro®



ESCAPE TO THE SUNSHINE.

Plan ahead for winter
and book your getaway.

VISITFLORIDA.COM/SUNSHINE

VISIT FLORIDA™

Skip Winter. Seriously. The whole thing. Avoid the entire frigid, dreary season, all 90 days of it, and escape to the Florida sunshine.

VISIT FLORIDA™

ENTER AT **SKIPWINTER.COM** FOR A CHANCE TO **WIN 3 MONTHS** IN FLORIDA.

*No purchase necessary. Must be 25 to enter. Ends 11/15/19. See Official Rules.

metro
NEW YORK CITY NO. 1 FREE DAILY IN THE US
Monday, November 11, 2019 metro.us | t: MetroNewYork | f: MetroNewYork

GETTY IMAGES

BLOOMBERG FOR PRESIDENT?

Will billionaire ex-NYC mayor make a last-minute bid? 2

ISTOCK

Two years on, has #MeToo instigated global change? 14-15

All you need to know about Veterans Day in NYC. 10

GREEN DAY

Jets offense has banner day to take down down Giants in battle of New York. 18

GETTY IMAGES

Universal values.
Personal attention.
Learn more at NYSCAS.Touro.edu
Touro is an equal opportunity institution.
For Touro's complete Non-Discrimination Statement, visit www.touro.edu

TOURO COLLEGE
NEW YORK SCHOOL OF CAREER & APPLIED STUDIES
Where Knowledge and Values Meet

4 THINGS TO KNOW

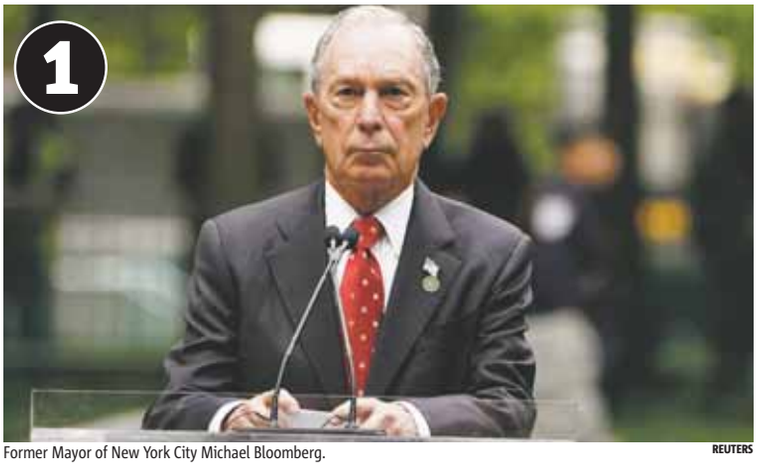
Metro's Weather Report

NOAA-NATIONAL WEATHER SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
58° | 45°	47° | 26°	34° | 27°	40° | 35°	49° | 36°
Partly Sunny	Rain then Rain/Snow	Sunny	Partly Sunny	Sunny

Bloomberg faces big challenges if he leaps into 2020 White House race

Paperwork to run in Democratic primary filed Friday.



Former Mayor of New York City Michael Bloomberg. REUTERS

Former New York City Mayor Michael Bloomberg has the money and name recognition to shake up the Democratic presidential race, but he will face huge hurdles to the nomination if he makes the leap to become a formal candidate.

The billionaire media mogul is laying the groundwork for a possible candidacy and kept his options open by filing paperwork on Friday to run in the Democratic primary in Alabama, which has an early deadline for ballot qualification.

The decision to run would be an about-face for Bloomberg, 77, who announced in March that he would not seek the White House.

Ranked by Forbes as the eighth-richest American with an estimated worth of $53.4 billion, his potential bid drew immediate criticism that he was just another wealthy businessman trying to buy an election.

> **"If we run, we are confident we can win in states voting on Super Tuesday and beyond, where we will start on an even footing."**
>
> **Howard Wolfson, adviser to Michael Bloomberg**

Bloomberg also will face questions about his record as a three-term mayor of New York, particularly from the Democratic Party's vocal progressive wing, and about why he is needed in a race that still has 17 candidates vying to challenge Republican President Donald Trump in November 2020.

"There is no constituency for Michael Bloomberg that isn't already taken by one of the candidates who are already running," said Charles Chamberlain, chair of the Vermont-based progressive group Democracy for America.

But Bloomberg is skeptical that any of the current candidates can beat Trump, according to a spokesman.

The late entry into the race would force Bloomberg to play a quick game of catch-up to build the sort of campaign infrastructure his rivals have spent months constructing.

As a result, Bloomberg will skip early contests like the Feb. 3 caucus in Iowa and emphasize later voting states where his rivals will not have as big an organizing advantage, starting with the Super Tuesday primaries in at least 15 states including Alabama on March 3.

"If we run, we are confident we can win in states voting on Super Tuesday and beyond, where we will start on an even footing," Bloomberg adviser Howard Wolfson said in a statement reported by the Washington Post.

Opinion polls show three contenders battling at the top of the Democratic race: U.S. Senators Elizabeth Warren of Massachusetts and Bernie Sanders of Vermont, who lead the progressive wing, and moderate Joe Biden, the former vice president.

Bloomberg has been critical of Warren and her desire to institute a tax on the super-wealthy, which she would use to fund programs ranging from universal healthcare to free college tuition.

Biden, meanwhile, has turned in uneven debate performances and lagged behind his top rivals in fundraising. Bloomberg would likely seek to appeal to the same moderate voters drawn to Biden.

"It's almost like he's running because this billionaire wants to stop Elizabeth Warren," Brad Bannon, a Democratic strategist who advises progressive groups and labor unions, said of Bloomberg. "It's lousy for Joe Biden but great for Elizabeth Warren."

Public opinion polls show most Democrats do not share Bloomberg's dissatisfaction with the contenders. A Monmouth University poll taken in late October and early November found three-fourths of Democrats were satisfied with their choice of candidates and just 16% wanted someone else.

At 77, Bloomberg, the chief executive officer and founder of Bloomberg LP, would be the second-oldest candidate among the Democrats in a race where age has been an issue. Sanders, who took time off the campaign trail after a heart attack, is 78. Biden is 76, and Warren is 70. Trump is 73. REUTERS

'Home' drifts down Thames in climate protest

2 A floating mock-up of a typical British suburban home was seen slowly sinking into the Thames in central London on Sunday in a protest organized by Extinction Rebellion to demand politicians fighting a Dec. 12 general election act on climate change. A white microwave oven bobbed in the water next to the large model house, complete with drainpipes and chimney stack, which wallowed half-submerged in the river's brownish

REUTERS

waters not far from Tower Bridge. Extinction Rebellion staged the protest as parts of northern and central England were struggling with the aftermath of floods that began last week when severe storms brought a month's rainfall in less than 24 hours. REUTERS

Bolivia's Morales resigns after protests

3 Bolivian President Evo Morales said on Sunday he would resign after the military called on him to step down and allies deserted him following weeks of protests over a disputed election that has roiled the South American nation. Morales, in power for nearly 14 years, said in televised comments that he would submit his resignation letter to help restore stability, though he aimed barbs at what he called a "civic coup."

"I am resigning, sending my letter of resignation to the Legislative Assembly," Morales said, adding that it was his "obligation as indigenous president and president of all Bolivians to seek peace." Vice President Álvaro García Linera also resigned. REUTERS

REUTERS

Goldman probe after Apple Card algorithm tweets

4 A probe into Goldman Sachs Group Inc's credit card practices has been initiated after tweets from a tech entrepreneur alleged gender discrimination in the new Apple Inc card algorithms that are used to determine credit limits. In a series of Twitter posts starting on Thursday, David Heinemeier Hansson railed against the Apple Card for giving him 20 times the credit limit that his wife got, Bloomberg reported on Saturday. Hansson, who is the creator of web-application framework Ruby on Rails, didn't disclose any specific income-related information for himself or his wife but said they filed joint tax returns and that his wife had a better credit score, the report said. New York's Department of Financial Services confirmed that an investigation was being conducted. REUTERS

Attention Men...

REVERSE ED!

A Breakthrough Solution

Now Available in New York!

Optimize your performance and get the romance back into your life.

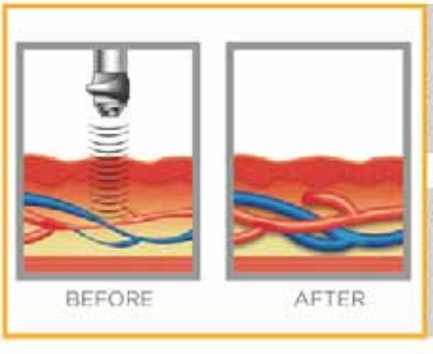
Are you struggling with erectile dysfunction, Peyronie's Disease, or performance issues? It's time to regain your confidence and get back into bed with your significant other.

Introducing the Viagra® and Cialis® alternative, the newest and most innovative ED treatment on the market today - **Acoustic Wave Therapy.** AWT is the FDA cleared, breakthrough solution for men suffering from ED and performance issues. There are **no needles, no drugs, and no surgeries.**

The non-invasive AWT treatment uses painless acoustic energy waves to repair soft tissue, improve blood circulation and stimulate the growth of new blood vessels throughout the penis. With the regeneration of blood flow and erectile tissue, the acoustic waves improve a man's sexual performance and help to produce an erection.

At Manhattan Medical Associates we take erectile dysfunction seriously. Tired of hearing "What do you expect at your age?" Erectile Dysfunction is treatable at any age.

How AWT Therapy Works:



Before:
As men age, the blood vessels that supply blood to the penis begin to break down or collapse. Natural or drug induced blood flow cannot enter into the penis, thus creating ED and frustrations with spontaneous sexual performance.

After:
Manhattan Medical Associates AWT Protocols open existing blood vessels and stimulate growth of new blood vessels. As a result, most patients experience much stronger, firmer and more sustainable erections.

AWT can treat almost any man - regardless of age or medical history. AWT is the existing solution to help treat ED within the New York area. In just a few, convenient sessions, you will be able to rejuvenate your sex life and be ready when the intimate moment arises.

Our clients that have used Manhattan Medical Associates AWT treatment have had encouraging results:

For over 11 years, Larry K., 65, has struggled to get and maintain an erection. This was a challenge that deeply frustrated him. No pill or pump has ever worked for him. After visiting Manhattan Medical Associates, Larry K. reports, "your treatment worked after a few visits! I never expected these results."

Jack B says, "I'm 79 years old and visiting your clinic was the best choice I've ever made! I only wish I had known about it years ago."

It's time to visit Manhattan Medical Associates and see what our AWT treatment is all about. Achieve the REAL results you're looking for with the expert advice you need. **Solve ED TODAY.**

CALL: (212) 336-3827

MANHATTAN MEDICAL ASSOCIATES

GAINSWave™
THE NEW WAVE IN MALE ENHANCEMENT

AS SEEN ON
Urology Times · FOX NEWS · Men's Health Greenfield Fitness · abc NEWS · The Doctors

www.ManhattanMedicalAssociates.com

161 MADISON AVENUE 6TH FLOOR NEW YORK, NY 10016

YOUR LEGS DON'T HAVE TO SUFFER!

- VARICOSE VEINS
- SPIDER VEINS
- LEG ULCERS
- LEG SWELLING
- BURNING
- ITCHING
- RESTLESSNESS

Personal & discrete care delivered directly by Ronald Lev, MD

Certified by the American Board of Venous and Lymphatic Medicine

We Accept Most Health Insurances including Medicare

Minimally invasive procedures

CALL TODAY!
212.204.6501

ADVANCED VARICOSE VEIN TREATMENTS OF MANHATTAN

111 John St, Ste 1450 (bet Cliff & Pearl St) New York, NY 10038

369 Lexington Ave, Ste 18 A (bet 40th & 41st St) New York, NY 10016

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM

Laurel Griggs. INSTAGRAM

Broadway star's tragic cause of death revealed

Massive asthma attack claimed the life of 13-year-old actress.

HOLDEN WALTER-WARNER
Holden.Walter-Warner@metro.us

Laurel Griggs' life was tragically cut short due to an asthma attack, The New York Post reports.

Griggs – just 13 years old – suffered a massive asthma attack and died on Nov. 5, her family shared. She was taken to Mount Sinai Hospital, where she passed away.

In addition to being an actress, she was a student at the Clinton School in Chelsea, where classes were canceled for half a day on Friday as her funeral was held at Park West-Riverside Chapels.

Griggs first appeared on the Broadway stage in "Cat on a Hot Tin Roof," the legendary Tennessee Williams play. Griggs was just six years old at the time, starring as Polly alongside Hollywood heavyweights such as Scarlett Johansson.

After that, she took on the role of Ivanka in "ONCE the Musical," playing the role for a record-holding 17 months. The production was nominated for 11 Tony Awards in 2012, winning eight, including "Best Orchestrations," "Best Choreography" and the vaunted "Best Musical" category.

While her appearances in the bright lights of Broadway were her most heralded, Griggs popped up in other productions as well. According to her IMDb page, she made an appearance in an episode of "Louie" in 2015 and had a couple of uncredited appearances in "Saturday Night Live" as well. She also made a cameo in the 2016 Woody Allen film "Café Society," which starred Jesse Eisenberg and Kristen Stewart.

Friends and family have taken to social media to remember the young actress.

"The world lost a real princess who only wanted to make the future happy for all," her grandfather, David Rivlin, wrote on Facebook. "Acting was a just a childhood dream come true and she had big plans for the future."

"She was so funny and silly, she was a little goofball in the best way," Jill Zygo told People magazine; Zygo served as a guardian for the child actors during "ONCE."

Eliza Holland Madore, who also played the role of Ivanka in the musical, wrote on her Instagram, "I am deeply saddened by the sudden loss of one of my Ivanka sisters. Laurel, you were always smiling and always made other people laugh. I'm so incredibly grateful that I got to know you. You will never be forgotten, and we will never stop loving you."

> **"The world lost a real princess who only wanted to make the future happy for all. Acting was a just a childhood dream come true and she had big plans for the future."**
> **Her grandfather, David Rivlin, wrote on Facebook**

Learn how you can get up to $150/month OTC allowance and other benefits at a FREE Medicare session

All sessions are held from 10am to 12pm unless otherwise noted.

Bronx	Address	Date
BronxCare Health System	199 Mt. Eden Parkway, Auditorium	11/11, 12/2
Fordham Community Office	412 East Fordham Road	11/12, 11/18, 11/27, 11/28, 12/3, 12/6, 12/12
Montefiore Medical Center	2532 Grand Concourse, 3rd Fl Conference Room	11/12, 11/26
Montefiore Medical Group	2300 Westchester Avenue, 2nd Fl Conference Room	11/21
BronxCare Health System	1276 Fulton Ave, Conference Rooms A & B	12/6
Brooklyn	**Address**	**Date**
Bensonhurst Community Office	2236 86th Street	11/11, 11/19
Woodhull Medical and Mental Health Center	760 Broadway, Solarium Conference Room	11/12, 12/4
Flatbush Community Office	2166 Nostrand Avenue	11/18, 12/2
Manhattan	**Address**	**Date**
Harlem Community Office	34 East 125th Street	11/13, 11/15, 12/3, 12/4, 12/6
Washington Heights Community Office	1467 Saint Nicholas Avenue	11/14, 12/5, 12/6
Chinatown Community Office	28 East Broadway	11/19
Chinatown Community Office	128 Mott Street, Room 407	11/25, 12/1
Queens	**Address**	**Date**
Flushing Community Office	41-60 Main Street, Room 311	11/12, 11/27, 12/6
Jackson Heights Community Office	93-14 Roosevelt Avenue	11/15, 11/22, 12/6
Long Island	**Address**	**Date**
Hempstead Community Office	242 Fulton Avenue	11/11, 11/14, 12/3

Attend a Healthfirst session on choosing the right plan.

Explore Medicare Advantage plan options that offer new benefits for a **$0 monthly premium**.

Plus, **get a gift** when you attend!*

RSVP TODAY!

Call 1-877-739-2554
(TTY 1-888-542-3821)
7 days a week, 8am–8pm
HFMedicareNY.org

healthfirst®
Health Insurance for New Yorkers

*Gift is available while supplies last. Limit one per person, with no obligation to enroll.

Coverage is provided by Healthfirst Health Plan, Inc. Plans contain exclusions and limitations. Healthfirst Health Plan, Inc. offers HMO plans that contract with the Federal Government. Enrollment in Healthfirst Medicare Plan depends on contract renewal. The benefit information provided is a brief summary, not a complete description, of benefits. For more information, contact the plan. Benefits, cost sharing, and service area vary by plan. Pharmacies and retailers may vary by plan for OTC allowance usage. Healthfirst Medicare Plan, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. A sales person will be present with information and applications. For accommodations of persons with special needs at sales meetings, call 1-888-260-1010 and TTY 1-888-542-3821.

© 2019 HF Management Services, LLC

1501-19

H3359_MKT20_08 1068-19_M

QUALITY DENTURES
THE SAME DAY
NY's Place for same day dentures for over 40 years.
Smile with Confidence

$100 off* each NEW denture! EXP: 12/15/2019
NEW PATIENT PACKAGE
MAINTENANCE
CLEANING
DIGITAL X-RAYS
$89
With This ad only. One per patient.
First visit only. Coupon expires 12/15/2019
*some restrictions may apply
NEW PATIENTS Only
ONE DENTURE RELINE
$194
With This ad only. One per patient.
First visit only. Coupon expires 12/15/2019
*some restrictions may apply
FREE CONSULTATION
DENTURE REPAIRS AND RELINES WHILE-U-WAIT!
MOST INSURANCE PLANS WELCOME
SENIOR Cit. Discounts*
on new dentures and crowns
Full Service State of-the Art
Cosmetic Dentistry
HERALD SQUARE DENTAL™
& THE DENTURE CENTER™
EST. 1977
224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)
Call Now! 212-689-0024
www.denturecenter.com
Cannot be combined with other offers *not to be combined

A fire rages on in Rainbow Flat, New South Wales, Australia. REUTERS

Australia battles bushfires, prepares for 'catastrophic' conditions

Fire danger levels at ten-year high.

Australian firefighters raced on Sunday to contain widespread bushfires that have left three people dead, and warned of "catastrophic" fire conditions ahead, including around the country's biggest city of Sydney.

Authorities upgraded the forecast for the greater Sydney region to catastrophic fire danger on Tuesday, the first time the city has been rated at that level since new fire danger ratings were introduced in 2009.

"High temperatures, strong winds and low humidity are forecast, making conditions dangerous," the New South Wales state Rural Fire Service said in a statement.

Conditions on Tuesday in the greater Hunter region north of Sydney were also rated as catastrophic, the highest level of bushfire danger, while extreme or severe conditions were predicted for other parts of the state.

"If a fire starts and takes hold during catastrophic fire danger conditions, lives and homes will be at risk," the statement said.

Australia is suffering one of its worst bushfire seasons, which is occurring even before the start of the Southern Hemisphere summer, with parts of the country crippled by severe drought.

> **"High temperatures, strong winds and low humidity are forecast, making conditions dangerous."**
>
> **The New South Wales state Rural Fire Service**

Three people have died in New South Wales since Friday, when a record number of emergency-level fires were declared in the state, and at least 150 homes have been destroyed.

Five people were listed by authorities as missing on Saturday afternoon, but local media said Sunday they had now been accounted for.

By Sunday afternoon, about half of the more than 70 fires burning in New South Wales were still not under control, with two burning at an emergency level.

Education authorities said more than 40 schools in New South Wales would be shut on Monday due to the fires.

Further north in Queensland, more than 50 fires were burning on Sunday, with emergency warnings in place for two fires.

Thousands of residents in Queensland have been evacuated and authorities warned severe fire danger was expected on Wednesday, with little reprieve this year.

"There is really no rainfall, no significant rainfall, until at least the end of the year and possibly into the new year," Queensland Fire and Emergency Services acting commissioner Mike Wassing told a news conference on Sunday.

REUTERS

ADVERTISEMENT ADVERTISEMENT ADVERTISEMENT

Doctors Urge Knee Pain Sufferers

"Don't Get ANY Surgery Until You SeeThis…"

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

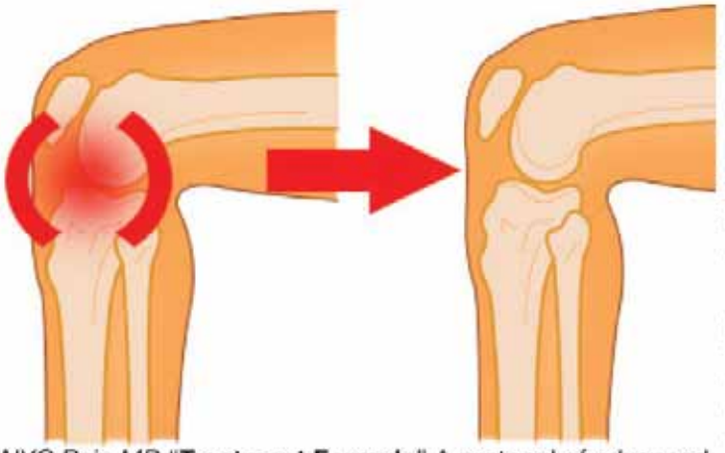
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

NYC PAIN MD

www.PainMDNY.com

877-296-6310

U.S. Secretary of State Mike Pompeo. REUTERS

For U.S. diplomats, public impeachment hearings could be catharsis and maybe a circus

Open hearings begin in the House this week.

On the first day of November, U.S. Secretary of State Mike Pompeo sent an internal email to thousands of State Department staff that began: "As champions of American diplomacy, we are in the truth-telling business."

While the email seen by Reuters focused on global policy challenges, the message extolling truth struck a nerve in a diplomatic corps immersed in an impeachment inquiry against President Donald Trump that Pompeo himself has spurned.

Next week three diplomats will be the first to testify in open hearings led by Democrats in the House of Representatives considering whether Trump should be impeached for abusing power by pressing Ukraine to investigate a rival. If so, his potential removal from office would be decided in the Senate.

Ten diplomats past and present have testified behind closed doors, most under subpoena. At least four voiced alarm at the efforts of Trump and his personal lawyer, Rudy Giuliani, to politicize a department that prides itself on being apolitical.

Pompeo's refusal to cooperate with the House inquiry and his failure to defend career diplomats from attacks fueled discontent. So did a White House spokeswoman's calling them "radical unelected bureaucrats waging war on the Constitution."

"It sure would have been nice for him to say something supporting the troops. The silence is deafening," a career diplomat said of Pompeo, a former CIA chief under Trump.

Early in the probe, Pompeo sternly objected to efforts to obtain depositions from current and former State Department officials and accused Democrats of bullying and intimidation. He has refused to heed subpoenas for documents.

When the three diplomats testify on Wednesday and Friday, with their reputations on the line as they face potentially harsh questions from Trump's fellow Republicans in Congress, they will have the backing of many colleagues.

"People are supportive. I think that's the majority viewpoint," said a veteran State Department official, one of the 10 current officials and diplomats who spoke to Reuters and who all requested anonymity to avoid retaliation. "There is a sense that we're getting shafted."

> **"It sure would have been nice for him to say something supporting the troops. The silence is deafening."**
>
> **A career diplomat**

The officials, who have served under both Democratic and Republican administrations, said the first public hearings are a chance for the diplomatic corps to show Americans they are public servants of integrity and principle who steer clear of partisan politics. While they spoke of deep frustration in the Trump era State Department, they stress it is their job to carry out the president's policies.

"On the one hand, it's good. On the other hand, it's just going to degenerate into a circus," one official said.

REUTERS

THE POWER OF RED IS BACK
At Republic Bank we deliver an exceptional customer experience: in store, online and mobile.
By providing unparalleled levels of service and convenience we create FANS, NOT CUSTOMERS.
• Open 7 days, early & late
• Absolutely FREE Checking
• FREE coin counting
• Instant Debit Card
• No ATM Fees anywhere
Visit our new store at 51st St. & 3rd Ave.
Vernon W. Hill, II & Duffy
Chairman, Republic First Bancorp
Founder, Commerce Bank
myrepublicbank.com
REPUBLIC BANK
FDIC
Some limitations or restrictions may apply for businesses. Offer is valid on debit cards issued in the state of New York only. Offer is subject to revocation or termination at any time at the discretion of Republic Bank. International/foreign ATM withdrawal fees may apply.

Mexico massacre unites Mormon sects, even their exiles

A relative reacts during the burial of Rhonita Miller and her children Howard, Kristal, Titus and Teana, who were killed by unknown assailants in LeBaron, Chihuahua, Mexico. REUTERS

WhatsApp messages flooded Amber Bostwick's phone last Tuesday as relatives sent harrowing accounts of the slaughter of nine women and children by drug cartel gunmen in northern Mexico.

The 35-year-old Seattle homemaker had spent much of her life trying to keep away from her parents' self-described fundamentalist branch of the Mormon faith and Colonia LeBaron - her polygamist father's Mexico community where some of the massacre victims were from.

But as she listened to the terror of relatives, she realized this threatened her Mexican-American half-siblings who live in Colonia LeBaron and nearby Mormon offshoot communities.

So she got online and started posting news of the killings and promoting a GoFundMe page set up by her brother for victims.

"The massacre has simply allowed me to support and love family," said Bostwick, a convert to Christianity, whose mother was 15 when she gave birth to her, and who was later adopted by her U.S. grandparents.

The Nov. 4 killings have traumatized northern Mexico's breakaway Mormon communities. Some dual-nationality families headed for the safety of the United States on Saturday after the last of their dead were buried.

But the deaths also brought together different Mormon groups, and even those who fled them, to demand that not only Mexico or the United States but an international taskforce intervene in the country's endemic violence.

"They need to send experts in building a state of law," said Adrian LeBaron, 58, of Colonia LeBaron, who lost his daughter Rhonita and four grandchildren in the attack. "I don't want snipers, I want educators."

Most of the victims of Monday's massacre were from La Mora, a remote Mormon-linked farming village in Sonora around 80 miles south of the U.S.-Mexico border.

Lafe Langford of La Mora, a relative of those killed, said many of his community are lapsed Mormons, few are in polygamous relationships and residents do not tolerate the kind of Mormon prophets Colonia LeBaron has a history of.

Both La Mora and Colonia leBaron were formed last century by "outcast" Mormons whose polygamist beliefs were rejected by the mainstream Church of Jesus Christ of Latter-Day Saints.

> **"They need to send experts in building a state of law. I don't want snipers, I want educators."**
>
> **Adrian LeBaron, who lost his daughter Rhonita and four grandchildren in the attack.**

"We're going to have to put aside our religious differences and focus on basic rights like liberty and justice," said LeBaron, whose father was a prophet, and who has four wives, and until Monday, 39 children and 79 grandchildren.

Langford agreed, saying not only the communities, but Mexico and the United States had to work together on security.

"We call on both countries to unite and bring in the right qualified personnel to do whatever it takes," said Langford, 33, who splits his time between La Mora and Louisiana. He is fearful at present to settle permanently in Mexico with his seven children.

La Mora had previously been spared violence that has killed more than 250,000 Mexicans since 2007 and touched Colonia LeBaron.

"They have to wipe these bad men out of Mexico, just like the coalition that goes in to Syria and these places," said LeBaron Abbate. REUTERS

CARING
HAS A PLAN.
She has a name.
Her health plan actually knows it.
SEE WHAT'S POSSIBLE WHEN HEALTH CARE GETS PERSONAL.
VILLAGECAREMAX
Are you getting the most out of your Medicare plan?
$0 plan premiums*
MEDICARE HEALTH INSURANCE
JOHN L SMITH
1EG4-TE5-MK72
HOSPITAL (PART A) 03-01-2016
MEDICAL (PART B) 03-01-2016
BENEFIT
up to $175
monthly over-the-counter card
* Premium, co-pays, coinsurance and deductibles may vary based on the level of Extra Help you receive. Please contact plan for further details.
villagecaremax.org
Call to enroll or make an in-person appointment
1-800-469-6292 (TTY 711)
8 am to 8 pm, 7 days a week
VillageCareMAX is an HMO plan with Medicare and New York State Medicaid contracts. Enrollment in VillageCareMAX depends on contract renewal. Service area includes the following counties: Bronx, Kings (Brooklyn), New York (Manhattan) and Queens. For accommodations of persons with special needs at meetings, call 1-800-469-6292 (TTY: 711). VillageCareMAX complies with Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711).
H2168_MKT20-16_M Accepted

What to know about the 2019 New York City Veterans Day Parade

President Trump is expected at Monday's Veterans Day Parade in NYC.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

The 2019 New York City Veterans Day Parade is today.

The parade is hosted by the United Way Veterans Council and celebrates all generations of veterans. It also raises awareness for and salutes members serving.

According to the United Way Veterans Council website, the parade is a non-partisan and non-political event; however, this year, President Trump will be speaking at the 100th Annual Opening Ceremony. President Trump is the first president in over a decade to celebrate Veterans Day in New York City.

Trump is not marching in the parade, but will be giving a speech at the opening ceremony. In addition to the opening ceremony, there is a massive parade, which will be taking over Fifth Avenue.

Here's what you need to know about the 2019 New York City Veterans Day Parade:

When is the 2019 New York City Veterans Day Parade? Date, start time?

The 2019 New York City Veterans Day Parade will take place on Monday, Nov. 11, at noon. The parade will take place rain or shine. The parade is expected to end at 3:30 p.m.

2019 New York City Veterans Day Parade Route:

According to uwvc.org, the parade takes place on Fifth Avenue from 26th Street to 46th Street. The route is around 1.2 miles.

Where can I watch the 2019 New York City Veterans Day Parade?

Viewers can watch the parade on WABC in the New York City area. Additionally, you can stream the parade on uwvc.org/vetsday.

2019 New York City Veterans Day Parade Street Closures:

The streets listed in the table will be closed from 10 a.m. to 6 p.m. on Nov. 11. For updated information, check out the Department of Transportation's website.

ISTOCK

Formation

- Broadway between 5th Avenue and 28th Street
- 5th Avenue between Broadway and 24th Street
- 24th Street between 6th Avenue and 5th Avenue
- 25th Street between 6th Avenue and 5th Avenue
- 26th Street between Madison Avenue and 6th Avenue
- 27th Street between Madison Avenue and 5th Avenue
- 28th Street between Madison Avenue and 5th Avenue

Route

- 5th Avenue between 24th Street and 46th Street

Dispersal

- 46th Street between 6th Avenue and Park Avenue

Festival

- 48th Street between 6th Avenue and Madison Avenue

Affinity Health Plan
LIVE OUT LOUD WITH THE ESSENTIAL PLAN
COVERAGE TO HELP KEEP YOU HEALTHY FOR $0 OR $20 A MONTH!
Apply today. Call 866.206.1741 (TTY : 711)
or visit AffinityPlan.org.
Also available Vision & Dental
YOU FIRST

nystateofhealth
The Official Health Plan Marketplace

To learn more about applying for health insurance, including Medicaid, Child Health Plus, Essential Plan, and Qualified Health Plans through NY State of Health, The Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 855.355.5777.

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments*... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

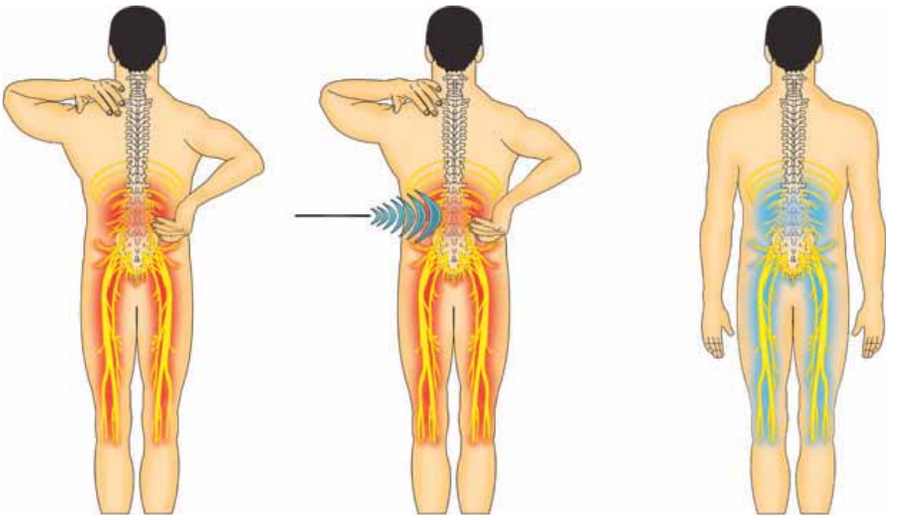
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

NYC PAIN MD

"Non Surgical Medical Relief For Spine & Joint Pain"

877-907-2934

the Grumble

sudoku

EASY

1					8		4	3
							8	5
	4	5				2	7	9
3		4		5	9			
5			1		2			4
			7	6		3		2
7	5	6				4	2	
2	1							
4	3		2					8

MEDIUM

	9					3		
	3		4	5			8	2
8				1	9			
3	1				7	5		
		7				4		
		8	5				7	3
			2	6				7
1	4			8	5		6	
		6					4	

HARD

		2	3			7		
	9		1	5				
		6			7	5		
	2							
	1		5	9	3		4	
							9	
		5	8			2		
				4	6		1	
		1			5	6		

READER WRITE-INS:

MORE SPREADING ON THE TRAIN

Well, it is now winter and now I have to deal with the men's arms spreading now. This is when a man puts his hands in this coat pocket and his elbow sticks out from his body. So now I have to deal with the leg and arm spreading.

Anonymous, *Metro US reader*

ISTOCK

metro.us/horoscopes

Aries An opportunity is within reach if you are alert for it. Check out online job sites or make a colorful presentation. Expand your horizons, friendships and dreams.

Taurus Check the details and get the inside scoop. Knowing what you are dealing with will give you the edge you need to outdo anyone who cares to compete with you.

Gemini A favor someone offers you will have strings attached. Think twice before you give in to sweet talk, temptation or an offer that sounds too good to be true.

Cancer Look for complex solutions when dealing with a problem involving other people. An offer will get rave reviews from your peers. Share your thoughts and feelings.

Leo If you work on personal growth, you will gain the initiative to make a wise move. Don't wait for opportunities to come to you. Make your dreams a reality.

Virgo Your involvement in groups or organizations will give you a chance to bring about positive change. A new direction will offer insight into a personal dilemma.

Libra If you visit someone you look up to or a place that you find inspiring, it will give you a different perspective on an old problem. Don't get angry when you can get moving.

Scorpio You'll be offered information that can help you get ahead. An adjustment will encourage you to find an outlet to use the skills or services you have to offer.

Sagittarius Keep a level head. Don't let anger take charge or an outsider lead you astray. Pay attention to detail and work alone if possible. Given a chance, someone will disappoint you.

Capricorn If you do your best to keep the peace, you'll be given a chance to do your own thing. Take care of responsibilities first to gain trust and respect.

Aquarius If you take a wait-and-see approach today, you will avoid getting entwined in someone else's dilemma. Put your emotions on the back burner and concentrate on making physical improvements.

Pisces A contract, money matter or settlement is favored. If you take care of personal business directly, you'll avoid paying someone for something you can do on your own. Don't fold under pressure. EUGENIA LAST

Trey Edward Shults on his visceral and traumatic family-film, 'Waves'

The film starring Sterling K. Brown opens this week in select theaters.

PAT KING
patrick.king@metro.us

Families work in mysterious ways. While some provide comfort, others provide tough love in order to motivate. While the ladder can create a complicated dynamic between parents and their children, it's a risk that can pay off with their children weathering the storm and finding success once they leave the nest. The new film "Waves" by writer-director Trey Edward Shults mines this subject until it goes beyond the breaking point. Although it may not be the best Thanksgiving film for those of you out there who can be triggered by overbearing helicopter parenting methods, it's a vital meditation and one that needs to be experienced on the big screen.

The film takes place in a vibrantly shot South Florida town and follows the Williams family. The primary focus of the first half of the film follows the family's prodigal son, Tyler, played by Kelvin Harrison Jr. Tyler is a star wrestler at his high school and is being groomed by his ex-athlete father, Ronald, played with blistering intensity by Sterling K. Brown. Ronald will not accept any signs of slack or failure from Tyler and pushes him to only focus on his training, working out with him on an unrelenting basis. Once Tyler finds out that he has a serious shoulder injury that requires him to quit his athletic pursuits, the thought of disappointing his father becomes too much to bear and he chooses to wrestle anyways. The unfortunate and inevitable happens to Tyler and his life begins to spiral under the scorn of his father until it all becomes too much to bear.

"The parents are very much inspired by my parents," says Shults, whose two previous films, "Krisha" and "It Comes At Night," both deal with toxic and demanding family dynamics in their own different ways. "The movie on the whole is probably the most personal and autobiographical or semi-autobiographical thing that I've done. Clearly, there's a lot of fictional narrative stuff in there as well. But the movie kind of spins around on a loop like that, where it's real stuff from my life or my loved ones' lives and it's fictional, but it's real. Tyler's high school experience was like mine and his parents were also very inspired by mine. I gained a collaboration with Kel. Especially for the relationships with the dad and elements of the mother were inspired by his parents as well. We were talking for a while as I was writing and when he got a first draft he talked about his dad. He had the nuances of a black father and a black son and a black family, that really came out with that collaboration. It became this really beautiful thing where it was deeply singular and personal to me and then it evolved into something a bit bigger, which was a big commonality between us."

Without spoiling the turn of the film, Shults eventually pivots the narrative focus onto Tyler's quiet sister Emily, who has been left alone in many ways by Ronald and their stepmother, Catharine. By shining the spotlight on the child of the family who gets neglected in the shadow of the child who the family hangs its hopes on, Shults was able to create a moving and complete portrait of this kind of family dynamic.

"Tyler is kind of the 'star child' of the family. He gets showered with all of the attention and Emily gets left in the shadows a bit. I thought it was really exciting to let this girl in the shadows come out and be the heartbeat of the film and really bring this family back together a bit," explains Shults.

If there is one thing Shults wanted to convey with this film, it's that, whether we like it or not, your family will always remain the closest thing to you no matter how fraught they can be.

"I remember from my stepfather, he was pretty hard on me and pushed me pretty hard," says Shults. "We had different personalities and he would drive me crazy a lot of the time. I didn't always understand where he was coming from. I remember getting older and away from him for a bit as you get older. I remember one time he got vulnerable with me and incredibly honest, and that one moment changed my whole perspective on this man and how he was raising me. You can be so subjective in these relationships and you can only see your own point of view. You don't see their point of view … we're all just trying to do our best, and our parents are trying to do their best. It's hard."

Getting Sterling K. Brown to sign on for the role of Ronald exceeded all of Shults' expectations and his performance should be talked about this awards season. His portrayal of a terrifying authority figure that is doing the best he can to give his children a better life the only way he knows how is simply undeniable and a battering ram of a performance.

"He was definitely the dream, but you don't know if you'll get the dream," says Shults of working with Brown. "We had sent him the script and luckily he dug it. We had a conversation and he wanted to talk to Kelvin and then we were there. For Sterling, the hardest thing was practicality. He was shooting his show at the time. That summer when we were shooting 'Waves,' we had to shift our whole work week to a Sunday to Thursday work week. He would do 'This Is Us' from Monday to Friday and fly in on a red-eye. He would get off the plane and go right into lifting weights with his son into having an emotional scene with his daughter … I thought that between being a fan of his work, especially on the O.J. show ['American Crime Story'], and following him as a human being in interviews and his energy, I thought he'd be a dream come true for Ronald for a variety of reasons. It really worked out. I love that man."

Injustice remains despite public shaming protests

GETTY IMAGES

Two years after the Harvey Weinstein scandal, fight for fundamental rights continues.

LUZ LANCHEROS, MWN
letters@metro.us

Producer Harvey Weinstein, despite his efforts to evade justice, could not prevent himself from being brought to trial. It did not stop him from going to a New York club in mid-October, where he was confronted by two actresses. They came forward denouncing abuses and the actions placed to cover them up, which led way to the #MeToo movement on social networks. It did not appear without controversy and was criticized for being a "witch hunt" (Catherine Deneuve among other French intellectuals even wrote a letter against #MeToo, although the actress noted that she was not referring to the victims). Several heads of the movement, which was replicated throughout the world, were later intimidated and have faced all kinds of legal and economic problems, such as Rose McGowan and Asia Argento, who had to admit that she had sex with a minor and, in this way, was delegitimized in her claim against Weinstein.

Actors and directors such as Kevin Spacey and Roman Polanski, among others, were banned from the industry for accusations of abuse against them. There was even a page to detect if the participating actor had ever been reported for abuse and people also began to talk about how women have been harassed and violated from childhood, giving rise to feminist initiatives and platforms. But has this conversation changed anything?

"Personally, the #MeToo movement and others such as #NiUnaMenos (Not One Less) or #MiráCómoNosPonemos (Look How We Are) in Latin America, have put on the media agenda the issue of gender and sexual violence that women suffer, and that occurs in various situations," Michelle García, Peruvian journalist and activist, told to Metro.

Sexist and patriarchal behaviors that have been normalized for a long time and have become everyday practices have been evidenced and made visible.

"There are many women who, in the midst of this debate, have taken into account and named the gender violence we have been living for years, in spaces that can often be considered safe. Now, with the #MeToo movement arriving to spaces such as cultural industries, with actresses and actors, characters of popular relevance, a group not very well familiarized with the problem of violence, a direct impact was achieved and that has unleashed a phenomenon, triggered a wheel that is not willing to stop. And although there is great diversity, the common goal is to stop violence and impunity, and if states refrain from doing so on the criminal side, it is society that now sanctions publicly. It is not over, we have advanced. And in a context like the one we are in, it is a great achievement," García continued.

Activist, editor of feminist magazine Volcánica, as well as co-founder of the social media platform and initiative "Las Viejas Verdes" (Green Women), Catalina Ruíz-Navarro agrees, although she affirms that it is a conversation that has not been the same in all countries.

In fact, in Latin America (and even with Tarana Burke, who created the #MeToo hashtag), by 2015 and 2016, the #MiPrimerAcoso (My First Harassment) and #MiPrimerAsedio (My First Siege) viral hashtags were created, but the movement and complaints have not had the same effect everywhere, especially where patriarchal structures are stronger.

"In Mexico, for example, something happened that had a freezing effect: a man, accused

The Future of Foot Surgery has arrived at NY Podiatric Medicine

Don't hide them… WE CAN HELP!
Specializing in Surgery and Aesthetics of the Foot.

Dr. Andrew Glass DPM
212-867-2500

NEW YORK PODIATRY MEDICINE AND SURGERY

Cutting Edge Means Less Cutting

MINIMALLY INVASIVE
Bunion & Hammertoe Surgery
We have performed thousands of these procedures with state of the art technology

All Photos of Actual Patients

HAMMERTOE CORRECTION

www.nymidtownpodiatry.com
MIDTOWN
315 Madison Ave., Suite. 2301 • 212-867-2500
As seen on FOX and CBS

MOST INSURANCE PLANS ACCEPTED
FREE CONSULTATION WITH THIS AD

of sexual harassment of minors, of taking photos of 13-year-old girls, committed suicide after he was denounced. Nobody commits suicide because of a public shaming, but the event ended up blaming the feminist movement for his suicide, as well as many others and that had a freezing effect on the complaints there. It literally ended them. So, in a sense it's one step forward but two steps back, because we have a pending discussion about what feminists understand by justice, because it's not punitive and criminal, because it does not reach us. It doesn't cover us," Ruíz-Navarro stated.

21st century feminism, 2nd century practices

Although the case of "La Manada" caused worldwide outrage for a sentence that only convicted for abuse and not sexual aggression against the five teens who gang-raped a 14-year-old girl, in Argentina and the United States abortion and reproductive rights have had serious setbacks in judicial decisions.

> **"Public shaming is not effective for everyone: a man with enough power is not going to be to be publicly shamed, he is immune to it. But for some men to be left wondering if what they do is actually harassment, is important."**
>
> **Catalina Ruíz-Navarro, feminist, columnist, writer**

And if we look at it globally, the issue does not improve: according to the World Health Organization, one of three women worldwide has experienced sexual or physical violence. At least one third of those who have been in a relationship have been violated by their partner. And globally, approximately 38 percent of female murders are committed by a male partner. In turn, practices that seem eradicated remain more current and dangerous than ever, such as genital mutilation and child marriage. UNICEF shows in its 2019 figures that 4 out of 10 women in sub-Saharan Africa were married before the age of 18, followed by Southeast Asia and Latin America and the Caribbean, practices that are still culturally allowed.

In fact, on porn search engines the "Teen" category is one of the most viewed. The problem remains structural: "This practice is still standardized in society and governments are now finally paying attention. Now, there are gender norms and stereotypes that reproduce thinking mechanisms that lead girls to think that their future is to marry and have children and that somehow encourages girls in greater conditions of vulnerability to see this as an opportunity. "Society creates these vulnerability situations via myths such as 'love has no age,' for example, not seeing anything problematic with a young woman marring a man that is 40 years older because they supposedly love each other. If it were the other way around, there would be legal censorship," Andrea Tague, spokeswoman for UNICEF Colombia, explained.

Yes, it is true that culturally things are beginning to change and many normalized cultural behaviors are now being questioned, but some countries and contexts still have to face bigger struggles against a patriarchy entrenched in a justice system, in institutions and in the organization of society. And that is the biggest debate and challenge that feminism faces today.

Fall in love with your body

www.nylaser.net

coolsculpting
FREEZE YOUR FAT NATURALLY under chin, stomach, legs, bra fat, arms
One session is all you need
$200-$500 off

EmSculpt
Muscle builder without exercise
Build muscle on biceps, legs, arms, calves
Get a six pack in 2 weeks
Lift and tone sagging booty
4 sessions is all you need!
50% off

$50 DEALS FOR YOU
• Deep pore facial
• Microdermabrasion
• Slimming body wrap

thermage
Tightens your skin naturally*.
Non surgical.
One session is all you need.
Face with neck $899 • Full eyes $599
FREE CONSULTATIONS

spa Jolie
Laser, Slimming & Anti Aging Spa

180 7th Ave. South,
Btwn W. 11th St. & Perry St.
212.229.1389
Open 7 Days • Exp. 11/30/19
We accept care credit.
12 months interest free.

NORTHERN MANHATTAN STUDY OF METABOLISM AND MIND

NOMEM

The purpose of NOMEM is to learn more about how blood sugar and other factors relate to the brain and mental abilities of persons living in Northern Manhattan. We are seeking your help to conduct this study.

You are eligible to participate if you:

- Live in Manhattan or the Bronx
- Are between 60 and 69 years of age
- Are able to do an MRI and a PET scan of the brain

Participation will include these activities:

1. Questionnaires
2. Blood tests
3. A brain MRI
4. A brain PET scan with contrast

We will compensate your time for participating in these 4 activities with $350. We will also give you the results of important blood tests.

PLEASE CONTACT US @ 212-305-4126, 646-737-4370, LS960@CUMC.COLUMBIA.EDU

Columbia University IRB
IRB-AAAQ2950
IRB Approval Date: 10/16/2018
for use until: 08/21/2019

NYSPI IRB Approved

COLUMBIA UNIVERSITY
IRVING MEDICAL CENTER
DEPARTMENT OF PSYCHIATRY

SEEKING HELP FOR TINNITUS?
RESEARCH STUDY OF KETAMINE AS A POTENTIAL TREATMENT

THIS IS A RESEARCH STUDY USING IMAGING TO EVALUATE KETAMINE AS A POTENTIAL TREATMENT FOR TINNITUS

PROCEDURES INCLUDE:
- A SCREENING VISIT
- 2 BRAIN SCANS
- IV ADMINISTRATION OF KETAMINE
- 3 AUDIOLOGICAL APPOINTMENTS
- COMPENSATION FOR TIME AND TRAVEL PROVIDED

YOUR TREATMENT WITH YOUR ENT DOCTOR WILL NOT BE AFFECTED BY PARTICIPATING IN THIS STUDY.

IF YOU WANT TO LEARN MORE ABOUT THIS STUDY OR JUST HAVE QUESTIONS PLEASE CALL US.

(646) 774-7654

ACCESS INSTITUTE

JOBS
We Train & Place!
Call: 718-263-0750

- PCT • HHA • CNA
- Med. Billing & Coding
- Med. Asst • Pharmacy Tech
- EKG/Phlebotomy Tech
- Business Analyst/QA
- Media Production: Audio • Video
- Solar Tech
- SAP

US Vets Call Now

FREE TRAINING IF QUALIFIED
Students Visas @ Low Cost
On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

EDUCATION

NerdWallet is a personal finance website.

Your student debt doesn't always die with you

ISTOCK

You may feel like you'll be paying off student loans until the day you die. But even that may not be the end of it.

It all depends on the type of loans you have and the lender, says Adam Minsky, a student loan attorney with offices in Boston and New York.

"The first step is to determine if the loan is federal or not," Minsky says. "If it's private, then it's more nuanced; it comes down to what the contract says and when the loan was issued."

Here's what happens to your student debt if you die and what you can do to ensure you won't burden the people left behind.

What happens to your federal loan debt

If you die, your federal student loans will be discharged, meaning no further payments will be required. Your parent, spouse or another person you appoint will need to submit proof of death to your loan servicer. This means an original or copy of the death certificate.

What happens to your private loan debt

If you die with private loan debt, its future will depend on the lender's policy.

Private loans you took out on your own are likely to be forgiven. (Ask your lender about its death discharge policy.) But a private loan that is co-signed by a parent or someone else might not.

Co-signers are just as responsible for the loan as the student is. If the student dies, the co-signer is obligated to repay the loan unless the lender has a policy stating otherwise.

This applies to most existing loans, but not to new loans. All loans taken out after Nov. 20, 2018, must release a co-signer in the event of the student borrower's death, due to a provision in the Economic Growth, Regulatory Relief, and Consumer Protection Act.

If you have a loan that was issued before Nov. 20, 2018, and your lender doesn't have an official discharge policy, there is still recourse. The lender will have a process in place called "compassionate review" that could still result in your loans being forgiven or co-signer released, says April Query, regional and community services manager for College Foundation of North Carolina. Contact your lender to find out what the process entails.

What happens to your parents' loans

Federal direct PLUS loans will be discharged if a parent borrower or student the PLUS loan was taken out for dies. Proof of death must be submitted to the servicer in the form of an original or copy of the death certificate.

If you have a private parent loan, contact your lender to find out its policy.

No tax implications for now

Unlike some other debt forgiveness programs, death or disability discharge will not trigger a tax bill. The Tax Cuts and Jobs Act of 2017 included a provision that made student debt that is discharged due to death exempt from taxes. This rule is in effect until 2025 and applies to all federal and private student loans.

What you can do

To avoid any headaches for your estate, there are steps to take now to protect your loved ones.

Talk to your parent (or someone else). If you have federal loans, tell your parents who your servicer is and how to contact them so they'll know where to send a death certificate. The same goes for any private debt. It's an uncomfortable talk, but it's necessary.

"Otherwise the parent might not know who to reach out to," says Query.

If you don't want to burden your parents with this responsibility — "I could see a parent completely forgetting to go and do that," says Query — you can ask someone else. She suggests finding a backup family member or friend to submit a death certificate to your servicer. You can ask someone or appoint them officially in your will.

Consider death discharge policy when comparing private loans. This might not make or break your decision, but look for a lender that will discharge all debt for both you and your co-signer.

Check your private lender's policy.

If you have existing private debt, your options will depend on your lender's policy. If it has a discharge policy that doesn't include your co-signer, find out if co-signer release is available to get them off your loan for good.

Consider refinancing. You can refinance with a private lender that has co-signer release or a policy of discharging debt for the co-signer in case of death if your current lender doesn't offer this relief.

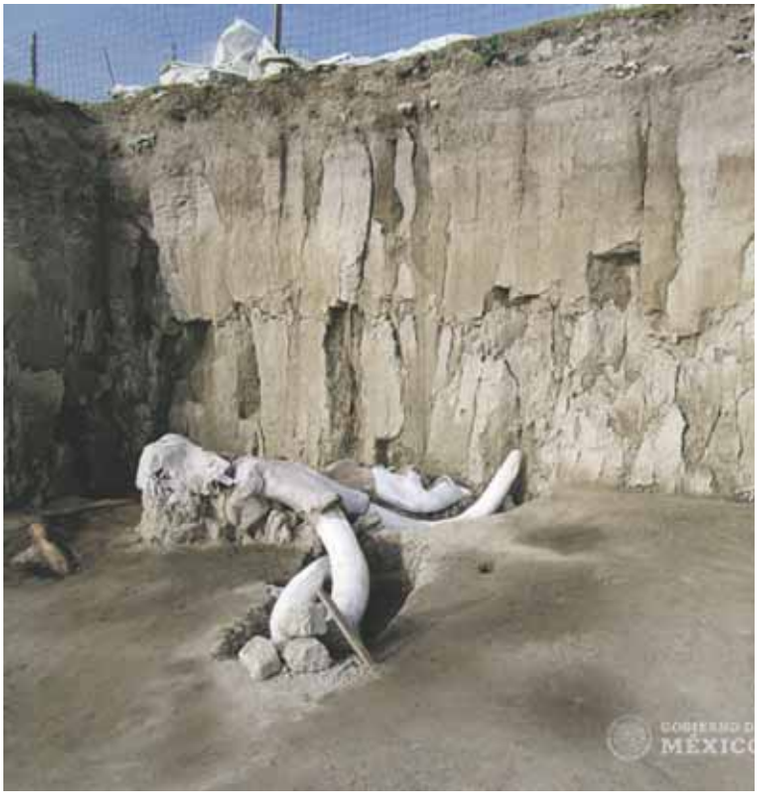
Take out a larger life insurance policy, as a last resort. If you don't want to refinance or release your co-signer, Minsky suggests taking out a life insurance policy with a payout that your estate can use to cover your remaining debt.

ANA HELHOSKI

Want to **grow** your business?
We know how.
metro media.us

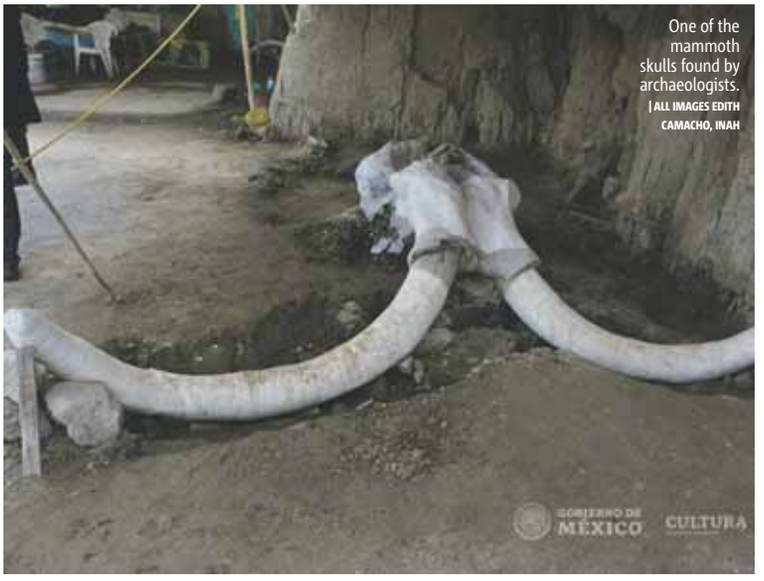
IS YOUR CHILD'S HIGH SCHOOL GOING TO PREPARE HER TO EARN A COLLEGE DEGREE?
Before you apply, find out at
edtrustny.org/toandthrough
The Education Trust–New York

World's first mammoth trap was found in Mexico



New discovery about ancient hunting

Archaeologists at the Mexico-based National Institute of Anthropology and History have announced the discovery of what they consider to be the world's first mammoth trap. It was found in Tuxtepec, close to the place where the new Mexico City Airport is being constructed. According to the specialists, traps that were 1.7 meters deep and 25 meters in diameter were used about 15 thousand years ago to capture now extinct animals. **MWN**



One of the mammoth skulls found by archaeologists. | ALL IMAGES EDITH CAMACHO, INAH

Division of
Continuing Education &
Workforce Development
Hostos Community College
Improve Your Job Opportunities With
Our Clinical Medical Assistant Program
The Clinical Medical Assistant Program combines classroom training along with an externship to prepare you for employment as a professional Clinical Medical Assistant, dedicated to patient care management.
Graduates of the program will:
✔ assist physicians with examinations and treatments
✔ take medical histories and vital signs
✔ conduct phlebotomies, EKGs and other clinical procedures
✔ learn the basic medical laws and ethics that ensure safety in the work place and patient privacy
Graduates will receive a certificate from Hostos after completing 120 externship hours and will take the National Healthcareer Association (NHA) exam.
Tue & Thu 5:30pm to 9:30pm 11/19/19-4/2/20 34 sessions $3,550
Get Trained. Get Hired.
Register Now! 718-514-7103
www.hostos.cuny.edu/Continuing-Ed
560 Exterior Street, Bronx, New York 10451
Get Social!
THE SKILLS TO DO THE JOB

Jets fly by Giants, win battle of NY

Gang Green's offense has banner day against in-stadium rival Giants.

JOE PANTORNO
joseph.pantorno@metro.us

Sam Darnold and the Jets got back on track against the Giants. GETTY IMAGES

It turned out that the remedy for the Jets' ailing offense was just a meeting with their MetLife Stadium co-tennant Giants.

The Gang Green picked up its second win of the season on Sunday, defeating Big Blue 34-27 on Sunday behind a season-high offensive output.

Offensive scoring runs on opposite sides of the afternoon turned out to be enough as quarterback Sam Darnold won the duel of the young quarterbacks, completing 19-of-30 passes for 230 yards and two total touchdowns.

Giants rookie Daniel Jones, however, had the more impressive stat line, posting his second-career four-touchdown game while passing for 306 yards.

Golden Tate and rookie Darius Slayton each had two touchdowns for the Giants, the latter leading all receivers with nine catches for 113 yards.

What originally was billed as a game featuring two of the game's top running backs didn't nearly live up to those expectations.

Jets rusher Le'Veon Bell managed to score a touchdown, but he was held to 34 yards on 18 carries.

Saquon Barkley had an even more miserable afternoon for the Giants as he could muster just one yard on 13 carries.

It was the headlining stat for a Jets defense that also sacked Jones six times against a Giants offensive line that was without three starters.

For a third-straight game — after going 31 straight without one — the Jets found the end zone on their opening drive.

A perfect drive from Darnold that saw him complete 7-of-7 passes was capped off by the quarterback scampering in on a keeper from two yards out.

They made it 14-0 on their very next drive when Darnold hit Jamison Crowder for a 23-yard score late in a first quarter that was completely dominated by the Jets.

Darnold and Co. held the ball for over 11 minutes in the first while exceeding their season average in points scored per game — which was at just 12 entering Week 10.

While the Jets accrued 101 total yards in the first, the Giants ran just six plays for two yards.

The Giants offense found their footing in the second as Jones helped halve the Jets' deficit.

An eight-play, 75-yard drive that featured a 31-yard completion to backup tight end Rhett Ellison was finished off by a five-yard touchdown connection from Jones to the fellow rookie, Slayton.

Slayton got the Giants within one later in the quarter when Jones hit him on a wide-open quick slant on a 4th-&-3 that saw him take it 39 yards for the score.

A bad snap on the extra-point attempt kept the Jets ahead, however.

Jamal Adams provided the highlight of the game early in the third to slow down some of the Giants' momentum after their strong second quarter.

The star Jets safety — who has made headlines for every reason other than football — ripped the ball from Jones' hands on the Giants' opening drive of the second half and returned it 25 yards for a touchdown.

Tate provided a swift answer, though, as he took a screen pass from Jones 61 yards untouched. He caught a two-point conversion attempt to temporarily tie things up at 21, but he was flagged for offensive pass interference.

Aldrick Rosas missed the ensuing extra-point attempt to keep the Giants down by two.

It wouldn't last long, however, as Tate would give the Giants their first lead of the game with 5:21 left in the third when he and Jones connected for a 15-yard score.

This time, the Giants' two-point conversion stood when Jones hit Bennie Fowler to go up 27-21.

Things swiftly shifted back in the Jets' favor, however, as Gang Green posted 13-straight points to take a seven-point lead with 7:39 left in the game.

A pair of Sam Ficken field goals — including a career-high 53 — sandwiched a one-yard touchdown rush by Bell for just his third score of the season. It was set up by Giants rookie cornerback Deandre Baker's pass interference in the end zone that gave the Jets a free 33 yards.

Jets to stay patient with Gase

Coach's future not in jeopardy despite miserable start to 2019.

JOE PANTORNO
joseph.pantorno@metro.us

Adam Gase. GETTY IMAGES

The Jets' continuous nose dive in 2019 won't affect the future of head coach Adam Gase — at least for now.

ESPN's Adam Schefter reported on Saturday that Jets owner Christopher Johnson will "remain patient" with the first-year coach despite deafening calls from the fan base and New York market to show Gase the door.

The 41-year-old is now 2-7 in his first nine games with the Jets following Sunday afternoon's victory over the Giants.

He's failed to live up to the hype of being an offensive mastermind — despite the Jets putting up a season-high 34 points on Sunday — that was going to help the development of second-year quarterback Sam Darnold.

Darnold has actually regressed under Gase, throwing nine interceptions in his last four games before Sunday. Performing behind an offensive line that has put him under pressure hasn't helped, either.

But Gase and new general manager Joe Douglas — who was brought in after the head coach was hired by former GM Mike Maccagnan — have been together for only five months and have not had a full offseason together.

That includes missing out on the start of free agency in March and the NFL Draft the following month.

It's that notion that is believed to be the reason why Johnson isn't ready to move on from Gase just yet.

The offseason will allow Gase and Douglas to upgrade the roster in their own vision rather than tweaking what was put together by Maccagnan. That will include reconstructing the offensive line, strengthening the secondary, and accruing more playmakers for Darnold to work with.

Johnson's philosophy could change with the entire second half of the season remaining. The Jets have been one of the more embarrassing stories of the 2019 NFL season and a miserable final stretch by Gase could push the envelope.

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

CAREER TRAINING

HIGH SCHOOL DIPLOMA
If you're 18 or older you can complete your high school education at home right now in as few as 2 months
212-967-7010
469 7th Ave, 7th Floor
(Btwn 35th & 36th Street)
Liberty High School Vt.

Neuropathic Foot Pain
Type 2 Diabetes
Research study aimed at reducing neuropathic pain *(numbness, tingling, burning sensation)* using a traditional Chinese medicine therapy called, Moxibustion.
To be eligible you must be:
- diagnosed with **Type 2 Diabetes,**
- have lower extremities (legs, feet) pain,
- be between ages of 18 to 75.
Qualified subjects will receive round trip Metro Cards and compensation.
NYU 212-365-0346

MEDICAL RESEARCH
To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

LEGAL NOTICES

A nonprofit organization in Upper Manhattan, New York City, is seeking sealed bids for installation of security related enhancements. The project includes security fencing around the building as well as replacement of 4 exterior doors with automatic locking system to allow for rapid shutdown of the exterior doors. Selection criteria will be based on knowledge of surveillance and security, adherence to work schedule, prior experience, references. Vendors must be approved MWBE (Minority and Women Owned Business Enterprises) vendors. Specifications and bid requirements can be obtained by contacting us at msjcgrant@gmail.com. MWBE Vendors are encouraged to submit bids. All interested firms will be required to sign for the proposal documents and provide primary contact, telephone, fax and email address. Bids will be accepted until 12:01am on December 2nd 2019 and work is to commence by December 15, 2019 and be completed by January 25, 2020.

NOTICE OF QUALIFICATION of OYA LAND HOLDINGS US LLC. Application for Authority filed with the Secy. of State of New York (SSNY) on 10/21/2019. Office location: New York County. LLC formed in Delaware on 09/03/2019. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o Corporate Service Company, 80 State Street, Albany, NY 12207-2543. Arts. of Org. filed with the Secy. of State of Delaware, Delaware Dept. of State, 401 Federal Street, Suite 3, Dover, DE 19901. Purpose: any lawful activity.

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

ATTENTION RESEARCH VOLUNTEERS
Healthy individuals (ages 21-55 years) who use heroin intravenously (IV) are needed for an 8-week inpatient study investigating medication effects at the New York State Psychiatric Institute. Earn approximately **$6,720.**
Call the Substance Use Research Center at
646-774-6243

LEGAL NOTICES

NOTICE OF APPLICATION

NOTICE OF APPLICATION TO THE COMMISSIONER OF GENERAL SERVICES FOR A GRANT OF LAND UNDER WATER

TAKE NOTICE, That, pursuant to Section 75, Subdivision 7 of the Public Lands Law, the undersigned will on the 3rd day of December, 2019, make an application to the Commissioner of General Services for a grant of the land under water hereinafter described. Any person deeming himself liable to injury by said grant, should before said date file with said Commissioner of General Services, Corning Tower, Empire State Plaza, Albany, New York, 12242, a remonstrance stating his reason for opposing said grant. The land under water above mentioned is bounded and described as follows, to wit:

The land of the undersigned applicant, adjacent to the lands applied for, is bounded on the: North by Block 814, Lot 27 – Astoria Energy LLC East by Steinway Place South by 19th Avenue West by Luyster Creek (aka Steinway Creek)

It is the intention of the undersigned to appropriate said land under water by improving the same as follows: The undersigned seeks to perfect title to the lands formerly under water and obtain development rights to contiguous lands currently under water in contemplation of a possible sale of the property

Dated: October 24, 2019

Jennifer Wang
(Applicant)
Steinway, Inc. and Steinway & Sons
c/o Jennifer Wang
1 Steinway Place
Astoria, NY 11105

Michael Bogin
(Attorney for Applicant)
Michael Bogin
Sive, Paget & Riesel P.C.
560 Lexington Avenue, 15th Floor
New York, NY 10022

metro CLASSIFIEDS To place an ad call 866-900-9473 or visit us at www.metro.us

REAL ESTATE

Rooms for Rent

All Manhattan/Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just $150/wk.
Call Us Now:(212)368-2685

100's Available, All Boroughs

Rooms: $150 week/up
Studios: $900 month/up
212-210-0094 (no texting)

metro CLASSIFIEDS
To place an ad call 866-900-9473

ITEMS WANTED

Absolute Yes! SAME DAY
!CASH PAID!
One Touch Ultra.100, Freestyle Lite 100, Contour 100, Contour Next 100, Accu Chek 100
888-415-0796 instant!
for Diabetic Test Strips
224 w 116 st, B, C, 2, 3 trains
NEW HOURS TH, 2-6:30 / M-F, 2-4PM

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

JOBS

General Help Wanted

HOME HELPER WANTED

HHA FOR GREATER PAY!
Without HHA? You can still help elderly friends & family members for great pay!
646-799-6062
212-564-3882 | 646-832-7647
or visit us at: 110 West 34th St. Suite 1207 Manhattan, M-F, 10-5

PSYCHICS

Healer and Clairvoyant

From a well known spiritual family who combined the power of spirituality, healing and love. Guarantee to bring your partners, love ones within 72hrs., clear bad luck and obia in just one cleansing, break unwanted relationship, court cases, protection etc.

Even the worst case scenario, just call Mr. Suwa on
347-792-9714 • Brooklyn.
Payment after result.
www.psychicsuwa.com

Need more customers? **We can help you with that.**
metro media.us

PSYCHICS

NO PROBLEM WITHOUT SOLUTION
INTERNATIONAL SPIRITUAL HEALER CLAIRVOYANT FROM AFRICA
I CAN HELP WITH ALL YOUR PROBLEMS EVEN MOST DESPERATE CASE WHERE OTHERS HAVE FAILED TO HELP

PROFESSOR
KARAMO

BRING BACK LOVED ONE, REUNITE LOVERS, FAMILY PROBLEMS, SEXUAL PROBLEMS, BUSINESS, EXAMS, JOBS, COURT CASE, BLACK MAGIC VOODOO PROTECTION FROM ENEMIES, OR BUSINESS DIFFICULT CHILD OR DIFFICULT OF GETTING A CHILD HEALTH ISSUE OR EVIL SPIRITS, ETC.

Work Private and Confidential
Quick Result in few days
100% Guarantee,
Speak: English / French
Call: 646-331-8597, 929-326-2899
2 or 5 Trains Church Avenue
Email: madibatabatouenploi@gmail.com
Payment after the results

INDIAN ASTROLOGER & PSYCHIC READER
MOST POWERFUL PANDIT : VIKRAM RAJ
ONE CALL, ONE VISIT WILL CHANGE YOUR LIFE
SPECIALIZED IN : BRINGING LOVED ONES BACK, EVEN HOPELESS CASE
Expert in Removing BLACK MAGIC Bad Luck, Voodoo, Obeah, Witchcraft, & Evil Spirits
100% GUARANTEED RESULTS
VIKRAM RAJ IS AN EXPERT IN REMOVING PROBLEMS LIKE
* BUSINESS * STOP DIVORCE * CHILDREN MISTAKES
* BAD LUCK * WORK PROBLEM * COURT CASES
* BLACK MAGIC * FINANCIAL PROBLEM * CHILDLESS COUPLES
* REUNITE LOVERS * HUSBAND & WIFE PRO. * SEXUAL PROBLEMS
CALL FOR APPOINTMENT PRIVATE & CONFIDENTIAL
347-279-7360
104-14, 118st, S. Richmond Hill, NY - 11419 (Private House)

MR SERINE
Spiritual Healer & Coach
Specialized in all kind of Love Situation
Remove all kind of black magic, Witchcraft, Evil Spirits, Curse & Depression
We restore luck, jobs, position, impotence, sexual desires, court case & more...
Destroy enemies & offer protection
100% Guaranteed result in 7 days!
CALL 718-200-8126
www.benmedium.com

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 P.M.

WORLD FAMOUS INDIAN SPIRITUAL HEALER & PSYCHIC READER
SHIVA SHANKAR
100% GUARANTEED RESULTS
He Belongs From Astrology & Spiritual Background Family

REMOVING ALL TYPES OF BLACK MAGIC, EVIL SPIRITS, VOODOO, OBEAH ETC.....
LOVE • FAMILY • CHILDREN PROBLEM • HEALTH • JOB MONEY • LUCK • BIRTH • STONES • DEPRESSION ENEMY • SEXUAL PROBLEM • COURT CASES ETC..
SPECIALIZED IN BRINGING LOVED ONES BACK
347-251-4717
1302 Fulton Street, Brooklyn, NY 11216
(Also Serving all of NYC, Long Island and Jersey City)

MR. MUTTA
International Spiritual Healer Clairvoyant From Africa
CAN HELP WITH ALL YOUR PROBLEMS
MARITAL & LOVE SITUATIONS
RETURN OF LOVED ONES QUICK/LOVE EXPERT
BUSINESS/EXAMS/CAREER/JOBS/COURT
CASES BAD LUCK AND BLACK MAGIC
VOODOO PROTECTION/IMPOTENCY/CHILD PROBLEMS
HEALTH ISSUES OR EVIL SPIRIT AND MORE
IMMEDIATE RESULTS WITHIN 72 HOURS
100% GUARANTEED!
CALL TODAY (929) 219-4679

WORLD FAMOUS PALMIST & SPIRITUALIST
ANAND PRASAD GURU JI
104-42 LEFFERTS BLVD (First Flr) RICHMOND HILL, QUEENS, NY 11419
TO GET PERMANENT SOLUTION TO ALL YOUR PROBLEMS SUCH AS:
JOB PROBLEM *BUSINESS PROBLEM *LOVE PROBLEM
COURT CASE *STOP DIVORCE *DEPRESSION
HUSBAND/WIFE RELATIONSHIP *ENEMY PROBLEM
BLACK MAGIC *EVIL SPIRITUAL *ETC
PRIVATE & CONFIDENTIAL & 100% GUARANTEED RESULTS
929-372-2004

MOST POWER FULL PSYCHIC & SPIRITUAL HEALER
I AM THE KEY FOR YOUR SUCCESS
(Gold Medalist) MASTER GOPAL GURU JI
EXPERT IN : REMOVING & DESTROY ANY KIND EVIL SPIRIT & BLACK MAGIC VODOO, OBEY, WITCH CRAFT & BAD LUCK & GIVES LIFE LING PROTECTION
SPECIALIST IN REMOVING PROBLEMS LIKE
* BLACK MAGIC * HEALTH SICKNESS * DEPRESSION
* REUNITE LOVERS * HUSBAND WIFE PROBLEM * JOB & EDUCATION
* MARRIAGE * FINANCIAL PROBLEM * NEGATIVE ENERGY
* COURT CASES * SEXUAL PROBLEM * STRESS REMOVAL ETC.
ONE VISIT 100% GUARANTEE RESULTS | PRIVATE & CONFIDENTIAL
347-459-0849
103-28 112th Street, Liberty Ave, S. Richmond Hill, NY - 11419 (Private House)

GAMES

metro.us/crossword

Powered by Arkadium

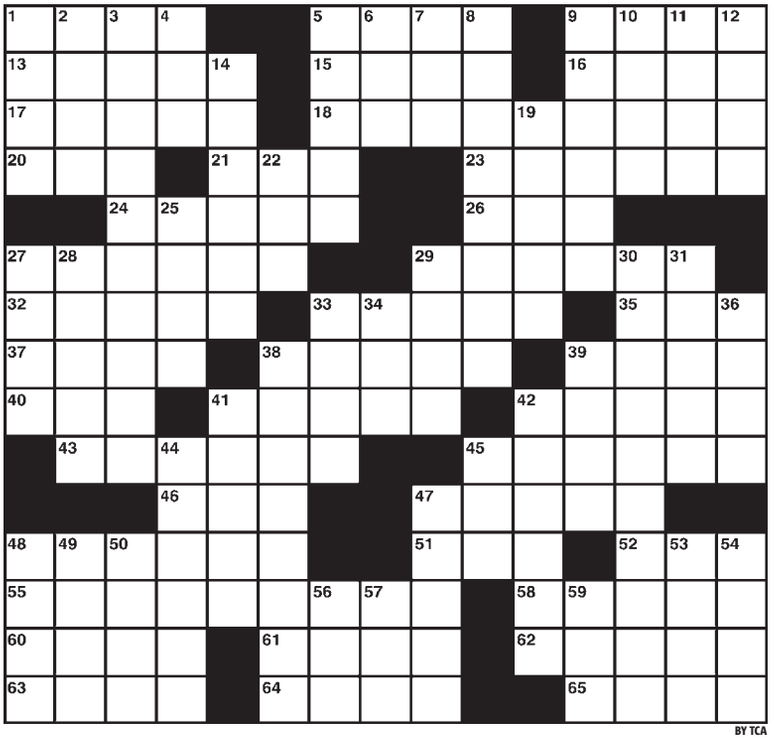
Check your answers at metro.us/games

ACROSS

1 Lean-to
5 Chicago team
9 Noisy bird
13 Payments to Uncle Sam
15 "Step __!"; cry to a slowpoke
16 Bee colony
17 Remembered Texas mission
18 Made fun of
20 Panhandle
21 Short rest
23 Foyt & Unser
24 Homecoming attendees
26 JFK's Attorney General
27 Make
29 Company
32 Vital artery
33 Casino game
35 Actor Linden
37 "__ the night before Christmas..."
38 Mopes
39 Donut's center
40 All __; prepared
41 Flat-bottomed boat
42 Purple shade
43 Leave a ship
45 Steep-walled canyons
46 As dumb __ box of rocks
47 Bed on a train
48 Autographed
51 Permit
52 Deuce
55 Southern state
58 Attach
60 Possesses
61 Dour-faced
62 Stir up
63 Bathe
64 "Your guess is as good as __!"
65 Secluded valley

DOWN

1 Take a __ at; attempt
2 Robust
3 Blow out of proportion
4 Carter or Clinton: abbr.
5 Part of USMC
6 Prefix for cycle or form
7 eBay offer
8 Equestrian's footrests
9 Connors & Norris
10 Irritate
11 "It ain't __ till the fat lady sings"
12 Unites
14 Popular Hyundai model
19 Lunch spots
22 Ending for lemon or lime
25 Long-tailed rodents
27 Long-running Broadway play
28 Oared
29 Fence door
30 Considerate
31 Ointment
33 Bottle stopper
34 Carpet
36 Majors & others
38 Perfect example
39 Playwright Moss
41 Military installations
42 Bricklayer's plaster
44 Exile
45 "Wow!"
47 Accuse
48 As __ as molasses
49 Midwest state
50 Weapons
53 Shrewd
54 Plow pullers
56 Muhammad __
57 Woman with a habit
59 Driver's nightmare



BY TCA

metro.us/wordsearch

N	R	E	Q	M	K	J	F	N	I
O	D	R	A	N	O	E	L	R	Q
I	S	L	A	N	D	D	O	E	D
T	G	R	D	T	I	G	W	V	E
P	I	E	G	D	C	A	C	E	T
E	L	T	R	J	A	R	K	N	R
C	B	T	A	A	P	J	K	A	A
N	E	U	P	N	R	F	C	N	P
I	R	H	E	G	I	S	A	T	E
X	T	S	O	O	O	C	J	T	D

Departed
DiCaprio
Django
Gilbert
Grape
Inception
Island
J. Edgar
Jack
Leonardo
Oscar
Revenant
Shutter
Titanic
Wolf

metro.us/wander

Category: In The Kitchen

E	B	G
A	T	G
R	E	E

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

		3	2		4		5	1
	5	2		8	7	6	4	3
	4							
	2	9	8		3	5		
5			9		6			2
		4	5		2	8	9	
							6	
1	9	6	4	2		3	7	
2	7		6		9	1		

PLAY ANYTIME, ANYWHERE

Find these games and MUCH MORE at games.metro.us

Yesterday's Answers

■	D	A	N	■	S	M	A	S	H	■	E	L	K	S
S	O	D	A	■	P	O	L	I	O	■	D	E	A	L
E	N	V	Y	■	A	P	P	R	E	C	I	A	T	E
W	E	E	■	T	R	E	S	S	■	A	S	K	E	W
■	■	N	O	O	K	S	■	■	F	R	O	■	■	■
S	I	T	A	R	S	■	■	K	I	D	N	A	P	■
P	L	U	T	O	■	G	A	I	N	S	■	C	I	D
A	I	R	S	■	B	R	I	D	E	■	S	C	A	R
R	A	E	■	F	O	A	M	S	■	T	W	I	N	E
■	D	R	E	A	R	Y	■	■	M	E	A	D	O	W
■	■	■	V	I	E	■	■	C	A	S	T	E	■	■
S	T	E	I	N	■	S	L	A	N	T	■	N	F	L
P	R	A	C	T	I	C	I	N	G	■	S	T	A	B
A	U	S	T	■	D	A	F	O	E	■	E	A	R	S
N	E	T	S	■	O	T	T	E	R	■	E	L	M	■

metro

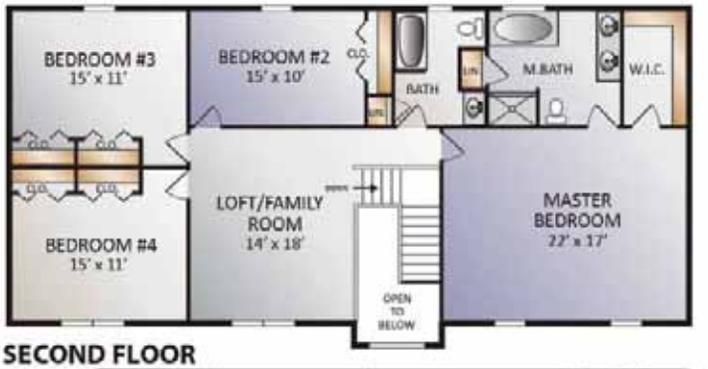
As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Metro New York** 120 Broadway, Suite 220 New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **Press releases** pressrelease@metro.us • **U.S. Publisher** Ed Abrams, Ed.Abrams@metro.us • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Managing Editor** Morgan Rousseau, morgan@metro.us • **Night News Editor** Hazel Shahgholi, Hazel .Shahgholi@metro.us • **Art Director** Luis Matos, Luis.Matos@metro.us • **Sports Editor** Joseph Pantorno, joseph.pantorno@metro.us • **Features Editor** Pat King, Patrick.King@metro.us • **Head of Production** Matt Prowell , matt.prowell@metro.us

Alliance for Audited Media

Presenting the Homestead...

Luxurious space and a truly livable floor plan.

FIRST FLOOR



SECOND FLOOR

Buy it now and get up to $5,000 toward Closing Costs!

The beautifully planned Homestead (shown above) includes 3353 sq. ft. • 4 Bedrooms • 2 1/2 Baths • 2 car garage • Upstairs Loft / Bonus Room – Optional 5th Bedroom • Kitchen with Island Bar and Pantry • Formal Dining Room • Large Living Room with Fireplace • Spacious Rear Deck • Price includes land Complete

Price includes land, landscaping, appliance package, Central Air and Heat, and a host of features. including permitting, driveway and well.

LEARN HOW YOU CAN OWN THIS LOVELY HOME IN THE POCONOS!

JUST $287,000 COMPLETE-- FAVORABLE MORTGAGES ARRANGED

IN THE POCONOS – WITH EXPRESS COMMUTER BUSES (4 per hour) 90 mins to NYC!

CLASSIC QUALITY HOMES

IN GOD WE TRUST

Call toll free

1-800-276-4000

Visit our all-new website:

www.classicqualityhomes.com

Or text: cqh to 411669 to get text updates about our Home Buying Incentive programs

Prices quoted subject to change without notice.